

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
ADVISORY BOARD
Meeting Minutes**

Meeting Date/Time: October 1, 2015 9:30 a.m.

Location: Human Services Center

514 Riverview Ave, Room 271

Waukesha WI 53188

Committee Members:

| | | | |
|-----------|-------------------|------------|------------------|
| <u>X</u> | Berthelsen, Judie | <u>X</u> | Ludka, Elaine |
| <u>EA</u> | Cizel, Maria | <u>---</u> | Vacant |
| <u>X</u> | Franklin, Robert | <u>X</u> | Spitz, Carolyn |
| <u>EA</u> | Gamez, Margaret | <u>EA</u> | Steele, Bill |
| <u>X</u> | Goetz, Jennifer | <u>X</u> | Schweda, Susan |
| <u>EA</u> | Howard, Christine | <u>X</u> | Zaborowski, Bill |
| <u>X</u> | Lee, Glenn | | |

X = Present A = Absent EA = Excused Absence

Additional Attendees:

| | |
|----------|---------------|
| <u>X</u> | Page, Luann |
| <u>X</u> | Smith, Mary |
| <u>X</u> | Delury, Diane |

Call to Order:

The meeting was called to order at 9:30 am by Bill Zaborowski.

Public Comments

Glen Lee mentioned Katy's Closet, a lending library in Waukesha that accepts donations of goods and medical equipment and provides free equipment to children and adults.

It is staffed by volunteers and is an excellent resource for anyone needing medical equipment or medical products. Glen passed out their brochure.

Bill Zaborowski welcomed a new board member, Susan Schweda, and asked that she introduce herself to the Board. Bill also introduced Lauren, a UW-Waukesha student, who had attended the board meeting for a class requirement.

Caroline Spitz mentioned that previous board member, Sandra Patterson, had passed away.

Approval of September 03, 2015 meeting minutes

Bill Zaborowski called for approval of the meeting minutes of September 3, 2015. Robert Franklin moved to approve the minutes; Carolyn Spitz seconded the motion. All in attendance approved. Motion carried.

Educational Segment: Substance Abuse in the Elderly, by Joe Muchka and Jan Sanchez
Joe Muchka, Executive Director of the Addiction Resource Council of Milwaukee County, introduced himself and provided information to the Board on substance abuse with the elderly. Joe presented these facts:

- substance abuse in the elderly mostly by prescription drugs.
- by 2030, usage with drugs is expected to triple
- elders consume 30% of prescription medications
- adding alcohol intake to the prescription mix leads to substance abuse
- since 2007, Opioids dispensed to Seniors 60+ increased to 32%
- long term effects of prescribed medications increases health care costs
- medical personnel are debating this epidemic and it is of great concern
- if physicians do not prescribe pain medications, the elderly turn to stronger pain meds
- amount of medications needed are generally more than necessary
- 5 Geriatric Specialists in Waukesha County
- pain medications are the #1 substance abuse
- in ages 20-59, the #1 drug usage are antidepressants
- in ages 60+, the #1 drug usage are cholesterol lowering medications
- intake of alcohol while taking prescription medication among seniors is a growing concern

Joe and Jan suggested we can correct substance abuse by:

- Education; supplying seniors with the knowledge of what to ask their physicians
- **Prescription Registry System** which tracks medication and helps coordinate patient care and manage it effectively through the health system
- 211 call center to help with concerns from the family

Joe and Jan strongly advised that advocacy and education are the key to eliminating the drug abuse of our seniors.

ADRC Manager's Report – L. Page

- A flyer from Independence First was given to each member of the group. That agency has a support group for women with disabilities ages 19 years of age and up. Public Hearings for Family Care / IRIS 2.0 will be 10/6 in Milwaukee or 10/7 in Madison. Comments can be sent via their website and Luann suggested this will be effective in letting them know the importance of ADRCs. Citizens can voice their opinions regarding the changes to Family Care and IRIS.
- While the 2015-2017 budget has been set, over the next two years, there are several studies that will be done to determine if there are efficiencies that can be found within programs and ADRCs. Those findings will likely be reflected in the language in the 2018-2020 budget and how we operate going forward. New business cards for the board members were discussed. It was suggested the ADRC logo could be printed in blue. Members suggested keeping the business card simple with only the logo and board members listed and adding the ADRC services to the backside. L. Page said she would order a box of cards and have them available at the next board meeting for members to view and take.

ADRC Coordinator's Report – M. Smith

- Waukesha County and the ADRC has updated their website. Updates include listings of the dining centers, menus, and various class and workshop information.
- Open House is scheduled for November 12 from 3-7 pm. Two workshops: Brain Health and Honoring Choices, which helps people plan and write their direction planning, will be available in the cafeteria. The hope is more caregivers will be able to attend the Open House with the evening hours added. A harpist will provide music on the main floor and Arrowhead High School students will assist clients with iPad or smartphone technology updates or app downloads. The Open House theme is:
“Caregiving is a journey, help us navigate that journey with you”.
- 2 new ADRC Specialists have been added to the ADRC staff.
- At the November Board meeting, Board Members will be able to approve the County Plan on Aging and then it can be submitted to the State.

Health and Human Services Committee Report – C. Howard

No report

Other Business/Updates - All:

Bill Zaborowski mentioned that tighter budgets are in the works in all departments.

Bill had asked the Board if they would like to hear updates from the County Finance Department, as he is on the committee. The Board welcomed having that information.

Adjournment: Bill Zaborowski adjourned the meeting at 11:30 am.

Next Meeting: November 5, 2015

Health & Human Services Center, Board Room 271

514 Riverview Avenue

Waukesha WI 53188

Approved _____ **Date** _____

Recorded and Submitted by Diane Delury